

Lithium One Appoints New CFO

Vancouver, British Columbia, December 23, 2022 – Lithium One Metals Inc. (TSXV: LONE and FSE:H490) (the “**Company**” or “**Lithium One**”) is pleased to announce that P. Joseph Meagher has been appointed Chief Financial Officer of the Company.

Mr. Meagher holds a Bachelor of Commerce from the University of British Columbia, became a Chartered Professional Accountant (CPA, CA) in 2008, and obtained the Chartered Director (C.Dir.) designation from The Directors College (a joint venture between McMaster University and The Conference Board of Canada) in 2017. Mr. Meagher has extensive experience working with publicly listed companies.

Bilal Bhamji has resigned as Chief Financial Officer. The Company thanks him for his service and wishes him well in his future endeavours.

About Lithium One

Lithium One Metals is a Canadian exploration company specializing in the acquisition and development of high-potential lithium properties in Ontario and Quebec. Our team of experienced geologists and prospectors are at the forefront of the search for the next generation of lithium deposits.

On behalf of Lithium One Metals Inc.

Dominic Verdejo, Chief Executive Officer

For more information, please visit the Company's website at <https://lithiumonemetals.com> or contact:

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